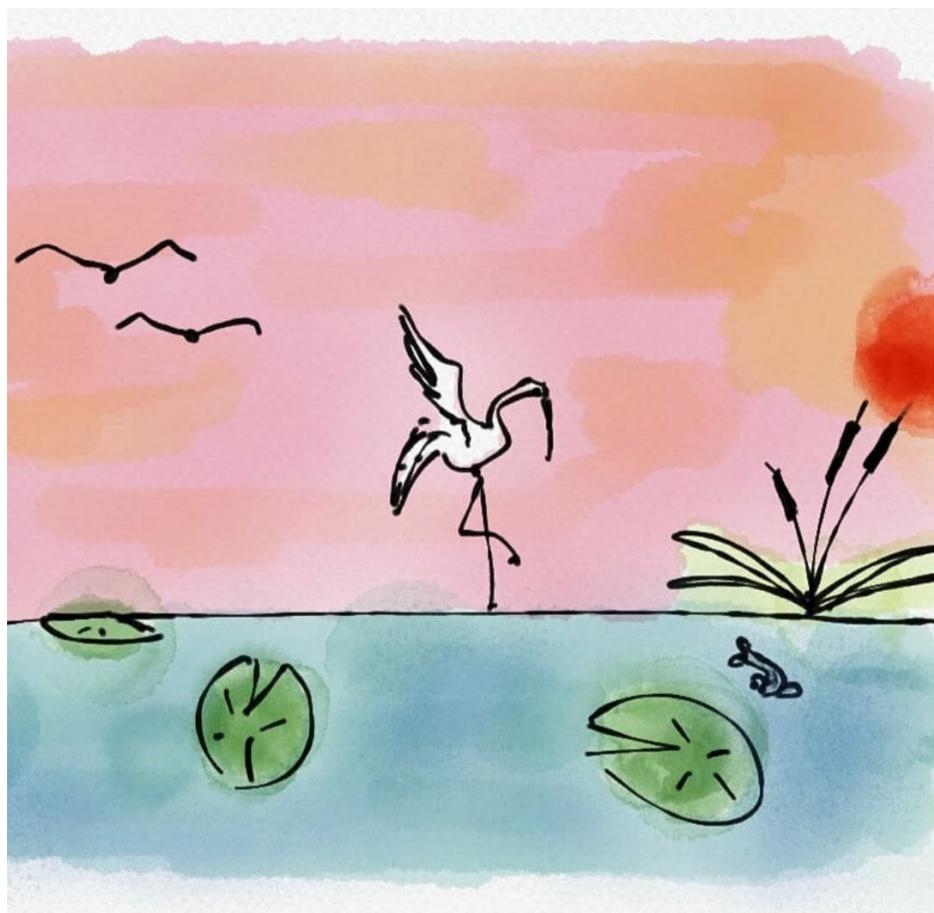




# INK THERAPY

selected poems



## A short introduction

Writing takes my mind off things. For a multitude of reasons, the summer of 2019 was a pretty intense one for me, and one of the things I did to try and cope with it was getting back to writing. I set to write at least one micro-story or poem every single day, based on a one-word prompt posted on Twitter by #vss365. I called them my “ink therapy”.

Here are a few; I hope you like these little children of mine. Some are silly, some are grotesque, some chew the scenery with dramatic gusto... It was a lot of fun and it helped me get back on my feet.

And that’s pretty swell, if you ask me.

Enjoy!

Chel

01.09.2019

#braid

The crows feast  
On the red field  
Priests scurrying  
Last rites  
A dying man whispers  
A scribe writes  
Last thoughts  
A wounded knight rises  
His armor broken  
A lady awaits  
Black is her robe  
A thin gold wreath  
On her crown braid  
Silent embrace  
Away they ride

#unfurl

The dawn is near  
Feel the wind  
Cast off the pier  
No longer pinned

Unfurl our sails  
Steady the wheel  
Fear not the gale  
Whistle a reel

We chase the horizon  
Let our souls sing  
In unison  
On Fortune's wing

#reach

From the depths  
Will it reach  
Claw its way back  
To the light  
Broken into  
Rolling pieces  
Dragged down  
By forlorn despair  
Sysiphus weeps

#beneath

If you find yourself  
In a pit  
Don't climb  
These slippery walls  
Look down  
And dig  
For the pot of gold beneath  
Lift the lid  
Let the magic sprout  
And climb the rainbow  
Let it carry you up  
In a warm embrace  
To safety  
Everything  
Will be all right

#beneath

Says the lore  
That beyond the sandy shore  
of Avalon  
Beneath the mist  
At the edge of oblivion  
Lies a hidden castle  
By light unkissed  
Worn is the table  
Marble and gold  
And rowan feet  
A rusty sword for each seat  
And asleep, the King, so I was told

#trick

Did it matter then  
It doesn't matter now  
Just running away  
Dropping the broken chain  
And the rests of Cupid's bow  
In disarray  
It was an illusion  
A trick of the heart  
Leaving only confusion  
And souls torn apart

#trick

Soft whispers  
A trick of light  
Illicit lovers  
In the night  
Swift escape  
Under the Moon  
Indistinct shape  
On a pontoon  
The skiff departs  
The coast is clear  
The Queen of Hearts  
Sheds a tear

#verdant

An undisturbed valley  
Deep gorges and canyons  
Light, stone and water  
In verdant overgrowth  
Thistles and saxifrages  
Rustled by timeless murmurs  
Of streams and windy echoes  
Here they lie  
On a bed of velvet grass  
Pyrene in cold slumber  
Heracles at her side

#stack

Isolated in a twilight of half-closed blinds,  
A dusty ray of golden sunset light shoots through  
To a stack of old letters, scribbled words once true  
Of two forsaken hearts that love no longer binds

#renounce

Renounce the fire  
Smother the flame  
Turn back  
Forget the dream  
A faded horizon abeam  
Joining the pack  
Bland and lame  
Til I expire  
No  
I won't do that

#flock

**F**lying high the flock departed  
**L**ooking towards warmer shores  
**O**ver mountains and over seas  
**C**linging to a memory of home  
**K**nowing they would never go back

#flock

Interwoven threads  
Cries in the night, interlinked  
The waiting flock departs  
The dying sun blinked  
On a planet grown barren  
Dusty deserts, empty ocean  
Locusts on a dead kraken  
Paradise lost, no remission  
Ghosts laughing  
As they lay clutching  
Thirty pieces of cursed silver

#sacrifice

Soaring spirit  
Above decaying hope  
Collapsed in a pit  
Rising against the slope  
Into the fire  
For this sacrifice  
In the last hour  
Comes the price  
Ending one to save us all

#Jupiter

Regal and powerful, it was He  
I should follow, they all said.  
Jupiter the mighty, ruler of all things.  
But in my pantheon, the mentor was another,  
For it was Athena, fierce and wise  
That in the secret of my heart  
I longed to be.

#empress

Hey girl, you think you're an empress?  
That you're more and others are less?  
Well I'll be frank, yeah I'll confess  
I see through you, through your distress  
All these thoughts you just won't address  
Wishing life wasn't such a mess  
This insufferable stress  
No play, no recess

#wildfire

Quickfire,  
Wildfire,  
Pretty little flame  
Ardent pyre  
Reaching higher  
Two souls' burning game  
Then ember  
Warmth grows colder  
Desire turns tame  
Then a cold shadow  
Ash and sorrow  
Nothing left to claim

#emotion

The wall stands. Invisible, but as present as a prison.

Never show emotion,

for emotion is weakness.

Never show trust,

for trust is surrender.

Never show love,

for love is for others.

Empty smiles.

Indifference.

Robotic gestures,

Hiding the pain.

To never again be prey.

#evaporate

Ain't easy to see the world around you  
Echoes of dark ages and hate  
Ain't easy to keep your wits about you  
To not let hope evaporate  
Ain't easy but I believe in you  
This bitter fog to dissipate  
In the end you will pull through  
And darkness shall abate.

#evaporate

The pebble strikes, hard as a boulder  
Against a foe, o so great  
The crowds roar like distant thunder  
The giant's thoughts evaporate  
A blow, a fall, a tiny whimper  
Such an implacable fate  
Goliath's pride, torn asunder  
Victorious, David stands straight.

#evaporate

Thoughts entwined, brushes shine  
Colorful dances, whimsical line  
All your burdens evaporate  
Let only your dreams permeate  
On the canvas, shapes and forms  
Motifs oblivious to the norms  
Blessed is the artist's playground  
Be it rectangle, square or round.

#peaks

Empty talk-shows  
Cold elite cliques  
The people bellows  
The hard truth leaks  
Grim dissent grows  
Pitchfork and sticks  
In ebbs and flows  
Valleys and peaks  
Until it blows  
Tired of tricks

Vermilion petals  
Scintillating morning dew  
A moment in time

~

Tiptoes on the sand  
A quest for the perfect shell  
Childish abandon

~

Like a hermit crab  
You will have to leave your shell  
If you want to grow

~

Valiant defiance  
A flower blooms; In the storm  
A renegade hope

#vermilion

#emotion

*interlude — haikus*

#shell

Patient is the crane

No emotion as she hunts

Lest the fish escapes

~

Haunted trees await

Fear and dread evaporate

A cold moon watches

~

Verdant promises

Pale beauty across the fence

A trap lies there

#shell

Behind a shell  
Walls all around  
Angry floods swell  
Stand your ground  
Dried tears, choked yell  
Strained hearts pound  
Traucherous voices dwell  
In this battleground  
Vanquish the spell  
Cleanse the wound  
Til clouds dispel  
Salvation found

#renegade

Roving vagabonds  
Out on seven seas  
Free from bonds  
The wandering gypsies  
A renegade life  
Under one sky  
Far from the strife  
The filth and the lie  
Is there a place  
For one more  
To take the ocean's embrace  
And see the land no more

#renegade

Forbidden love is a torment forever  
Unrequited, it hurts, strains the soul  
Returned it flashes with ardent temptation  
Renegade emotion beyond the will of reason  
Always a chasm deep enough  
To swallow our whole being  
Leaving just  
The sweetest taste of sin

The raven cries out  
My reflection looks away  
And the mirror cracks

#stubborn

Eyes wide open, in the hour of the wolf  
You reminisce; Old shames, vague regrets  
Stubborn intrusions you fight off  
A hostage of intimate secrets  
Breathing deep, counting sheep  
Yearning for the sweet bliss of sleep  
A redemption, a pardon  
A liberation

#bright

This realization  
A revelation  
Pushing away the darkest thought  
Hope for a bright morning  
And brighter days ahead  
These battles I fought  
I thought I'd never be winning  
I almost fled  
But I'm still here  
Not without fear  
Everything at stake  
Finally awake

#shatter

Mirror, mirrors, looking back  
False reflections, just a hack  
Hazy light and empty hall  
Yeah the writing's on the wall  
Feel the shell snap and shatter  
The irrevocable shiver  
A lost hope may yet be found  
Know your truth and stand your ground

A maze  
Of thoughts composed  
A realm of doubt  
In time ever paused  
Labyrinth ablaze  
Searing flames sprout  
All devouring, unopposed  
Just another phase  
The lingering drought  
A truth betrays  
To be exposed  
At last, or done without  
To break of not the illusion  
Cornelian indecision

#skyline

Perched on the rooftop  
I watch the sun rise  
Against the skyline  
Will the race stop  
What is the prize  
What's on the line  
Horizons linked  
The false and real  
Juxtaposed  
Running before the door is closed  
And if I blinked  
No deal  
So eyes wide open  
I awaken

#confess

Feet firm in the earth, eyes to the sky  
Stubborn pride replaces wondering why  
Shedding the false shell of shame  
A newfound peace stormy thoughts shall tame  
A precious new life, born a second time  
Will soar unbound, and confess to no crime

#confess

Crisp morning, purple dawn  
Happiness from small things grown  
Fragrances from secret gardens  
Free from immemorial guardians  
Joy is no sin to confess  
A gift to seize with excess  
Hum a reel, sing a sonnet  
For all your pains to forget

#tangled

Tangled dreams discarded  
In a neglected corner  
Dusty spiderwebs  
Tumbleweeds in mind  
Aimless vagabond  
Alone in the immensity  
Feather in a storm  
Mere toy in  
The hands of Fate  
Picked up  
At Heaven's Gate  
By an oblivious angel  
Cradled in love  
At last

#fragile

Hope

Tenacious phoenix

A fragile thread above the Styx

The sturdiest rope

Underworld chanting

A siren's cry

Always tempting

The sweetest lie

Return

Awake, child

For in a world eager to burn

This thread is your most faithful guide

#fragile

Godforsaken sisters  
Cast away in whispers  
Too old, too free, too much a temptress  
Innocent youth brought to confess  
Sins by others imagined  
Behind grey walls forever pinned  
A fragile soul  
Thrown in a hole  
To wilt away til comes the hearse  
Victim of the Magdalene curse

#million

Far from shore  
At your side  
A million miles  
A single step  
The same chasm  
Dividing line  
Let go  
Cast off  
Drift away a while  
Set new courses  
New memories  
Keep the old  
As warm keepsakes  
Shed no tears  
There is new life  
To be breathed into  
Our souls  
Again

A million miles under our keel  
Somewhere beyond the rainbow  
A myriad tangled dreams in tow  
A fragile hope remained still

Was the grass greener, we confess  
Across this jagged skyline  
A bright illusion to enshrine  
And stubborn regrets to suppress

#million

#somewhere

#tangled

#fragile

#confess

#skyline

#bright

#stubborn

#forever

This is not the end  
Though nothing is forever  
Keep walking the path  
Forget despair and wrath  
A quiet mind is stronger  
And in time it will mend



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